

## ClubWorx In-Studio On Demand

### Monday

5:30am	<b>Virtual</b>	Yoga	45-60 min
7:00am	<b>Virtual</b>	Pilates/Core	30 min
7:35am	<b>Virtual</b>	Barre/Yoga	30 min
2:00pm	<b>Virtual</b>	Stretch	10-30 min
3:00pm	<b>Virtual</b>	BodyBalance	45 min
4:30pm	<b>Virtual</b>	Pilates/Core	30 min
8:00pm	<b>Virtual</b>	Yoga	30-35 min
8:45pm	<b>Virtual</b>	Meditation	10-30 min

### Tuesday

5:30am	<b>Virtual</b>	BodyBalance	1 hour
6:30am	<b>Virtual</b>	Meditation	10-30 min
7:15am	<b>Virtual</b>	Yoga	30 min
12:00pm	<b>Virtual</b>	Barre/Yoga	30 min
1:30pm	<b>Virtual</b>	Stretching	10-30 min
3:00pm	<b>Virtual</b>	BodyBalance	45 min
4:00pm	<b>Virtual</b>	Meditation	10-30 min
8:00pm	<b>Virtual</b>	Pilates/Core	30 min
9:00pm	<b>Virtual</b>	Meditation	10-30 min

### Wednesday

5:30am	<b>Virtual</b>	Yoga	45-60 min
7:00am	<b>Virtual</b>	Pilates/Core	30 min
7:35am	<b>Virtual</b>	Barre/Yoga	30 min
1:30pm	<b>Virtual</b>	Stretching	10-30 min
2:30pm	<b>Virtual</b>	BodyBalance	45 min
4:00pm	<b>Virtual</b>	Barre/Yoga	30 min
8:00pm	<b>Virtual</b>	Yoga	30-60 min
9:00pm	<b>Virtual</b>	Stretching	10-30 min

## The Haven

### Thursday

5:30am	<b>Virtual</b>	BodyBalance	1 hour
6:30am	<b>Virtual</b>	Meditation	10-30 min
7:15am	<b>Virtual</b>	Yoga	30 min
1:30pm	<b>Virtual</b>	Meditation	10-30 min
2:00pm	<b>Virtual</b>	Stretching	10-30 min
3:00pm	<b>Virtual</b>	BodyBalance	45 min
4:30pm	<b>Virtual</b>	Pilates/Core	45 min
8:00pm	<b>Virtual</b>	Yoga	30-60 min
9:00pm	<b>Virtual</b>	Meditation	10-30 min

### Friday

7:00am	<b>Virtual</b>	BodyBalance	1 hour
12:00pm	<b>Virtual</b>	BodyBalance	1 hour
1:15pm	<b>Virtual</b>	Barre/Yoga	30 min
3:00pm	<b>Virtual</b>	Yoga	45 min
4:30pm	<b>Virtual</b>	BodyBalance	45 min
5:30pm	<b>Virtual</b>	Barre/Yoga	30 min
6:30pm	<b>Virtual</b>	Yoga	45 min

### Saturday

7:15am	<b>Virtual</b>	Pilates/Core	45 min
12:00pm	<b>Virtual</b>	Pilates/Core	45 min
1:00pm	<b>Virtual</b>	Yoga	30-45 min
2:00pm	<b>Virtual</b>	BodyBalance	1 hour
3:30pm	<b>Virtual</b>	Stretching	10-30 min
4:30pm	<b>Virtual</b>	Pilates/Core	45 min
5:30pm	<b>Virtual</b>	Barre/Yoga	30 min

### Sunday

1:00pm	<b>Virtual</b>	Yoga	30 min
3:00pm	<b>Virtual</b>	BodyBalance	1 hour

### Please note:

**No Virtual Classes in the Haven during Yoga Teacher Training Weekends.**

\*Please note these schedules are subject to change if there is a conflict. If you have comments or suggestions, please email [mkime@clubworx.net](mailto:mkime@clubworx.net) with your schedule inquiries.